

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-09:00	FE-2	Physical Exercise (RED)
09:00-10:00	FE-2	Physical Exercise (CEVIS)
10:00-11:30	FE-1	Physical Exercise (CEVIS)
11:30-13:00	CDR	Physical Exercise (CEVIS)
13:00-14:00	.	LUNCH
14:00-17:00	FE-2	Weekly Housekeeping
15:35-15:50	CDR	IRIDIUM phone charging - setup, start charge. <i>Tagup with specialists (as necessary) (S-band)</i>
16:05-16:10	CDR	IRIDIUM phone charging - status check
16:25-16:30	CDR	IRIDIUM phone charging - status check
16:35-17:35	FE-1	Physical Exercise (VELO+RED), day 2
16:45-16:50	CDR	IRIDIUM phone charging - status check
16:50-17:00	CDR	IRIDIUM phone charging - terminate charge, cleanup
17:15-18:15	CDR	Physical Exercise (VELO+RED), day 2
17:35-18:15	FE-1	COX Maintenance.
18:15-18:30	.	Daily Planning Conference ( <i>S-band</i> )
18:30-19:30	.	Prep for Work
19:30-20:00	.	DINNER
20:00-20:30	.	Daily Food Prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
<b>Task List</b>	CDR	ECON. Observations and photography
	FE-1	URAGAN. Observations and photography
		DIATOMEA. World Ocean Observations
		PLANTS-2. Payload Status Check

**Notes:**

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
2. See OSTP for references to US activities.

End of Radiogram